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Men of Abundant Phosphorus Are the Real Men of Mettle— Men Who Set the Pace and Lead the World, Says Doctor

The Prescribes Phosphorated Malt to Nervous and Strenuous Men, to the Brain and Bring Back Health and the Joys of Life to Tired, Nervous, Anemic, Run-down People.

Look at the people with plenty of phosphorus in them: says Dr. Reid, full of vitality, alert, active, wide-awake—alive, in every nerve and fiber—quick to think, quick to act and always sure of themselves. They are the leaders of every community at the head of every business and profession, magnetic, attractive people who do things, achieve success and get life's highest rewards.

Without phosphorus good health is impossible. Your nerves and brain need it like your body needs food. It strengthens and vitalizes every nerve and organ of the human body. Why, without it even plants will not grow and soil becomes poor and unproductive. Nature has made it a necessary part of all life, both vegetable and animal, yet most of us exhaust our phosphorus supply and do nothing to replenish it so that more phosphorus is a common need of both men and women though few realize it. People in need of phosphorus often think their stomach, liver or kidneys are making them sick, weak, nervous and run-down when all they need is a little more phosphorus to tone up the nervous system and give strength and vigor to the body.

When people come to me nervous, run-down and irritable, I invariably prescribe ordinary phosphorated malt and I have seen it double endurance and mental activity in less than ten days' time and in numerous cases where nothing else had proved to be of real value. I have seen phosphorated malt bring roses to the cheeks of pale, nervous, overworked women and the crimson blood of health and a smile of happiness to the faces of children recovering from illness of long duration. Recently a patient came to me on the verge of mental collapse. He found no pleasure in life,

his daily work had become drudgery and he got no rest or recreation from his holidays. He could neither sleep nor keep his mind on his work. I told him to eat less and take two five-grain tablets of phosphorated malt after each meal. In less than ten days he walked into my office full of vim and vigor, his eyes bright, his step firm and buoyant and his manner that of a man of 25, though he was well past fifty.

Physicians know the value of phosphorus and every woman knows the tonic value of malt, a remarkable tissue builder especially adapted to the needs of nursing mothers and weak, anemic women. Combined with phosphorus and phosphates as in phosphorated malt, it nourishes the body by aiding the system to turn food into living tissue. The old liquid forms of malt are inconvenient to take and most of them contain alcohol which causes a needless stimulation always followed by a depressing reaction. Phosphorated malt retains the nutritive properties of malt without the evils of alcohol and it contains phosphorus in a state almost identical with that in the brain and nerve cells of healthy, vigorous people.

I have seen phosphorated malt produce such astonishing results that I prescribe it in my practice and take it myself. After a few days of phosphorated malt the weak, tired nerve-thrill with energy, pleasure becomes more inviting, work becomes easier and you face the day with renewed confidence, optimism, enthusiasm and endurance.

Manufacturers' Note.—Phosphorated malt, so highly recommended by Dr. Reid, is not a patent medicine or secret remedy. The formula is printed on every package and your druggist will vouch for its excellence. It is sold under a guarantee to increase endurance and mental activity or the price will be refunded. Even if your physician prescribes it and it fails the druggist will refund the purchase price. All druggists sell it subject to this guarantee. It is dispensed in Washington, D. C., by the People's Drug Store.

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—will prove an excellent thing for the mending of bad times and reverses in one's life. It requires but a little self-denial and eventually furnishes a most effectual remedy for the evils of life.

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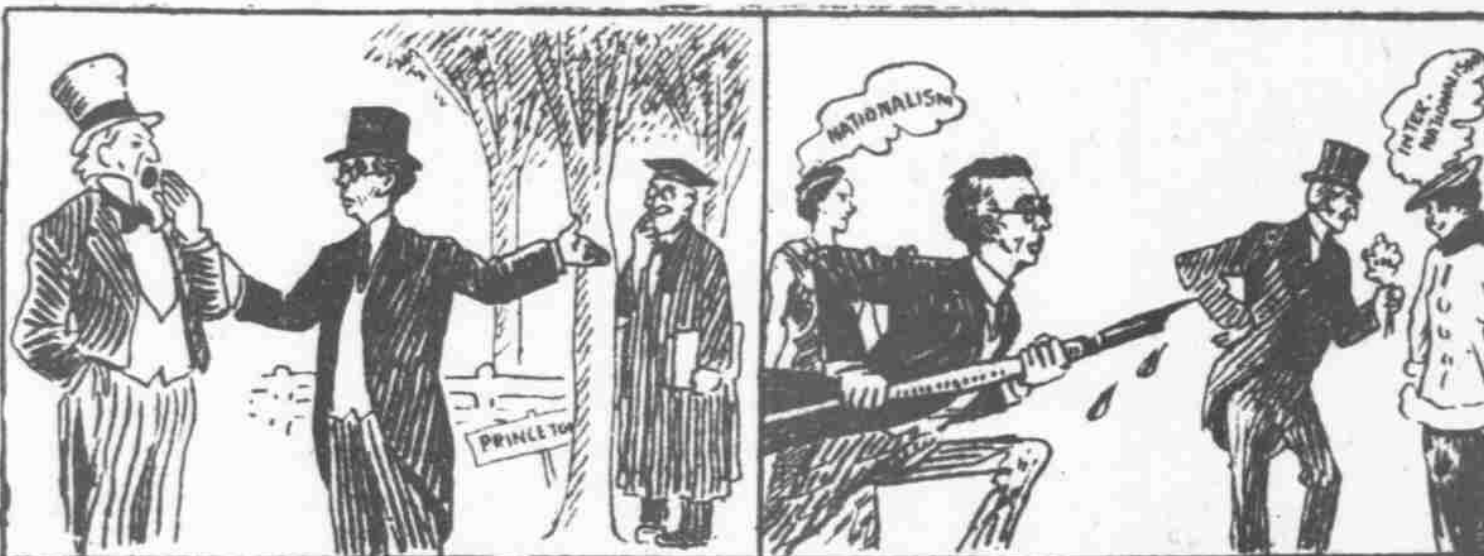
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THE CHANGING WORLD

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Only a few years ago Col. George Harvey introduced Dr. Wilson as a Presidential candidate.

Now Col. Harvey is one of President Wilson's most aggressive opponents.



Only a few years ago Lord Northcliffe led the fight that made Lloyd George premier of Great Britain.

Now Lord Northcliffe is one of Lloyd George's most bitter opponents.



Only a few months ago President Wilson was hailed by all of Italy as the hope of the world.

Now the Italian cities are ringing with cries of "Down with Wilson!"

YOKOHAMA FIRE LOSS \$7,470,000

YOKOHAMA, April 30.—The property loss in Monday's great fire is estimated at 15,000,000 yen, or approximately \$7,470,000 under the pre-war rate of exchange. Thousands of people are homeless.

Two were killed and thirty injured. Sixty blocks in the Japanese quarters were burned, including public buildings and business houses. It was Yokohama's most disastrous conflagration. Foreigners living in the bluff section witnessed an awe-inspiring spectacle. Five fires raged simultaneously and spread confusion among the people. The mayor has started a relief fund.

"Creditors have better memories than debtors."—(Benjamin Franklin). Saving eliminates the creditor. Buy U. S. S.

COBLENZ MAY DAY FESTIVAL BANNED

COBLENZ, April 30.—There will be no May day celebrations in the way of demonstrations, or mass meetings, by the Germans throughout the area occupied by the Americans, according to a copyrighted dispatch to the Philadelphia Public Ledger. General Dickman has issued an order to that effect. The Americans were not unwilling at first to allow a demonstration, but when they discovered the inscriptions on banners to be carried in the proposed procession they decided May day should pass without any manifestations.

"We want just peace and we insist on President Wilson's fourteen points." These and similar demands were to be waved. It is said that a banner which insisted the Saar valley should remain German, particularly caused intervention by the American army command.

That all this was inspired by the authorities in Berlin there is said to be not the slightest doubt. Every day sees the chiefs of the German propaganda department, conceiving some new idea for influencing the minds of the allies in the zones of occupation, and all these ideas are inspired with the object of creating or of fostering dissensions among the allies.

"My client is a cousin of Lord Milner," alleged a German solicitor, defending Carl Milner, himself an attorney and former officer in the German army, who has been sentenced to thirty days' imprisonment by an American military court for discourteous behavior toward an American officer.

Carl Milner lives at Vallendar on the Rhine, where an American division has its headquarters. He was going thither by tramway car from Coblenz and refused to share his seat with the American officer, and became so discourteous that the American gave him in charge.

At the trial Milner's attorney occupied much time of the court in an attempt to impress them with the importance of his client. His arguments were brushed aside. Milner now is in prison.

16 KILLED IN BLAST IN ALABAMA MINE

BIRMINGHAM, Ala., April 30.—Sixteen miners, two of them white men, were killed at Majestic mines following an explosion yesterday. Eight men were probably fatally injured. At a late hour tonight all of the dead and injured had been removed from the mine except four.

The dead: Whites—Tom Stubbs, Adrain Scheivor. The explosion is said to have been caused by a fall of rock, which released a large quantity of gas inside the mine, which was ignited by a miner's lamp. At the time there were 108 men in the mine.

After the explosion the dead and injured were strewn over a space of about 600 feet. Mine workers from every section of the Birmingham district responded to the call for help. As the injured were brought out they were rushed to the Birmingham infirmary.

GALSWORTHY AIDS ARMENIA. John Galsworthy has contributed \$4,000, the net profits of his lecture tour in this country, to the fund for Armenian and Syrian relief.

Swift & Company's sales of fresh beef in Washington, D. C., for the week ending Saturday, April 26, 1919, averaged 11.7 cents per pound.—Advt.

ISSUE TAX RULES ON BROKERS' SEATS

Regulations governing the collection of the special tax of \$50 a year on brokers were issued by the Bureau of Internal Revenue today. The regulations provide for the collection of an additional amount from brokers, if members of any stock exchange, produce exchange, board of trade or similar organization where produce or merchandise be sold.

If the average value of the seat or membership in such an exchange or organization during the preceding year ending June 30 was \$2,000 or more but not more than \$5,000, the tax is \$100 additional, and if the value was more than \$5,000 he must pay \$150.

The regulations provide that the special tax paid by a firm or corporation, as brokers, covers individual members of the firm or corporation as long as such members are trading solely for the benefit of the firm or corporation. A broker owning a single seat pays \$50 special tax and an additional tax of \$100 or \$150 per year. If he owns a seat in more than one exchange, he pays the additional tax upon the value of each seat held.

If a partnership or corporation owns a number of seats in the same exchange, but holds such seats in the names of the individual members of the firm, the tax on the ownership will not apply to each individual in the firm, but will apply to one seat on one membership.

All brokers liable to the tax should file a return on form 11 and pay the tax within thirty days of the receipt of notice from the collector, or they will be subject to the penalties imposed by the act for failure to file their returns within the time limit prescribed by law.

MOTORIST SHOT DEAD; POLICE CHIEF ARRESTED

PAWHUSKA, Okla., April 30.—Hiram Stevens, who was appointed chief of police of Pawhuska, has been locked up in his own jail and Roy Tinker is dead, following an argument between Chief Stevens and Tinker over traffic ordinances.

To reprimand him for speeding a policeman stopped Tinker. Just then Stevens came along and a few minutes later Tinker was shot. Witnesses say Tinker had a revolver in his hand.

FIND "KILL-THE-UNIT" GERM. NEW YORK, April 30.—Dr. Louis Wels Miller, of the Y. M. C. A., has discovered that microbes cause ball players to crab at the umpire. Players in good health don't kick, he claimed.

NEW SOCIETY TO ENFORCE DRY LAW

To see that steps are taken to enforce prohibition, men prominent in the Anti-Saloon League, which has been chiefly instrumental in securing the enactment of dry legislation, have formed a new association known as the Allied Citizens of America.

William H. Anderson, State superintendent of the Anti-Saloon League of New York, is president and general manager of the new organization. Mr. Anderson, who is well known in Washington, is sending to

many people in this city notices concerning the formation of the Allied Citizens of America, accompanied by prospectuses. These notices say that the object of the new association is to uphold American ideals and the Constitution of the United States but that its first objective is to enforce prohibition.

BRITISH FLEET MAY VISIT U. S. The entire British fleet may put in at Newport next fall to participate in maneuvers with the American fleet as a result of the visits abroad of Secretary of the Navy Daniels and Assistant Secretary Roosevelt, it was learned here yesterday. Thus the British would pay their compliment to the American nation for its aid during the war.

"The borrower is a slave to the lender and the debtor to the creditor. Be frugal and free."—(Benjamin Franklin). Buy U. S. S.



Constipated Children Gladly Take "California Syrup of Figs"

For the Liver and Bowels

Tell your druggist you want genuine "California Syrup of Figs." Full directions and dose for babies and children of all ages who are constipated, bilious, feverish, tongue-coated, or full of cold, are plainly printed on the bottle. Look for the name "California" and accept no other "Fig Syrup."

How High Will Meat Prices Go?

Swift & Company does not know whether prices will go higher or lower.

It depends upon country-wide and world conditions that Swift & Company cannot control and cannot foresee.

All the world needs meat, and only a small part of the world is raising live stock. So live stock is dear now, and meat prices must keep pace.

Competition will continue to keep the "spread" low so that the price you pay for meat will be as close as possible to what must be paid for live stock.

Our profit of only a fraction of a cent a pound, is no greater when prices are high than when they are low.

Swift & Company, U. S. A.

Washington Local Branch, 10-14 Center Market
D. T. Dutrow, Manager



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